

DESSERTS



RECIPES QUICK FRUIT COMPOTE

PER SERVING:

CALORIES: 61

PROTEIN: 0.5 G

FAT: 0

CARBOHYDRATE: 16 G

FIBRE: 1.8 G

SODIUM: 2 MGS

CALCIUM: 12 MGS

MAKES: 3 CUPS (750 ML)

PREPARATION TIME 15 MINUTES

SERVES 9

THIS IS A FANCY and tasty variation on traditional stewed prunes – a great source of fibre. Eat it for breakfast or enjoy it as a healthy dessert with a scoop of plain, low-fat yogurt on top.

INGREDIENTS:

½ cup (125 mL) pitted prunes

¼ cup (60 mL) dried apricots

¼ cup (60 mL) pitted dates or dried apples

2 tbsps (25 mL) raisins or dried cranberries

2 cups (500 mL) boiling water (or hot black tea for a variation)

1 tsp (5mL) lemon juice

INSTRUCTIONS:

1. Put dried fruits in a 1 litre canning jar or medium-size bowl.
2. Pour boiling water over fruit.
3. Add lemon juice.
4. Cool on counter.
5. Cover and refrigerate at least overnight before using.
6. Keep refrigerated.

Thanks to The Senior Chef, BC Ministry of Health, 1992.

RECIPES BERRY COBBLER

PER SERVING:

CALORIES: 189

PROTEIN: 5 G

FAT: 6 G

CARBOHYDRATE: 27 G

FIBRE: 2.8 G

SODIUM: 211 MGS

CALCIUM: 94 MGS

SERVES: 3

PREPARATION TIME: 20 MINUTES

BAKING TIME: 30 MINUTES

THIS LOW-FAT COBBLER is moist and full of nutrition. Enjoy it warm with a small scoop of vanilla ice cream or a spoon of yogurt. Keeps in the refrigerator for the next day.

INGREDIENTS:

1 cup (250 mL) frozen berries (any kind you like)

1½ tsp (7 mL) flour

1½ tsp (7 mL) sugar

3/8 cup (90 mL) flour

1½ tsp (7 mL) baking powder

1 tbsp (15 mL) non-hydrogenated soft-tub margarine or butter

1 tbsp (15 mL) sugar

1 egg

2 tbsp (25 mL) milk

VARIATION

Substitute 1 cup of canned fruit (such as peaches), including juice, for the berries. DO NOT add sugar to this fruit. Mix flour into the juice to thicken.



INSTRUCTIONS:

1. Preheat oven to 350°F (190°C).
2. Place berries in small casserole or baking dish.
3. Combine 1½ tsp flour and 1½ tsp sugar in a cup and sprinkle over the berries.
4. Place berry mixture in oven to warm while you mix the topping.
5. Measure the remaining flour, baking powder and sugar into small bowl.
6. Rub margarine or butter into the flour using a fork or your fingers.
7. In another small bowl or cup, beat egg and add milk.
8. Pour egg and milk mixture into flour mixture and combine with a fork until just barely mixed. Do not beat.
9. Remove warmed berries from oven.
10. Spoon dough by the tablespoon over berries. Not all of the filling will be covered. As it cooks, the berry juice will bubble up between the lumps of dough.
11. Return to oven and bake for approximately 30 minutes until the dough is nicely browned.

RECIPES FRESH FRUIT AND NUT DESSERTS

PER SERVING: (BASED ON BANANA/PINEAPPLE COMBINATION)

CALORIES: 111

PROTEIN: 2 G

FAT: 2 G

CARBOHYDRATE: 22 G

FIBRE: 1.8 G

SODIUM: 2 MGS

CALCIUM: 12 MGS

SERVES: 2

PREPARATION TIME: 10 TO 15 MINUTES

MOST OF US LOVE a sweet dessert, so how about one that's sweet and healthy at the same time? These desserts provide fibre as well as important vitamins and minerals. Choose one and make it before you cook your main meal, then refrigerate it until you are ready for dessert. This will allow the flavours to blend. These recipes also make great snacks.

COMBINATION 1:

1 banana, sliced

¼ cup (60 mL) pineapple chunks

2 tsp (10 mL) raisins

1 tbsp (15 mL) pineapple juice

1 pinch allspice

2 tsp (10 mL) crushed peanuts

COMBINATION 2:

1 pear

¼ cup (60 mL) blueberries, fresh or frozen

1 tbsp (15 mL) apple juice

1/8 tsp (1/2 mL) almond flavouring

1 pinch dried basil

1 pinch nutmeg

2 tsp (10 mL) toasted sliced almonds



COMBINATION 3:

1 chopped apple

1/3 cup (75 mL) mixed berries, fresh or frozen

2 tsp (10 mL) vanilla yogurt

2 tbsp (25 mL) apple juice

1 pinch cinnamon

2 tsp (10 mL) toasted walnut pieces

INSTRUCTIONS:

1. Combine fruits in a bowl.
2. Add juice and spices and mix gently.
3. Refrigerate or leave at room temperature to thaw frozen berries.
4. Sprinkle with nuts just before serving.

Adapted from Eileen Faughey's
Quick Flip to Delicious Dinners, 1999.

TOASTING NUTS

To toast walnuts or almonds, preheat oven to 350°F (190°C). Spread the nuts on a baking sheet or cake pan and bake for about five minutes or until lightly browned.

EXTRA RECIPES





HERE'S ONE VERSION of a great salt-free seasoning. Notice that we have used garlic and onion powder, not garlic or onion salt. Make sure you buy the right one. There are also several commercially prepared salt-free seasoning mixes, available at your local grocery store.

INGREDIENTS:

- 1 tbsp (15 mL) dried mustard
- 1 tbsp (15 mL) paprika
- 1 tbsp (15 mL) garlic powder
- 1 tbsp (15 mL) onion powder
- 1½ tsp (7 mL) black pepper
- 1 tsp (5 mL) basil
- 1 tsp (5 mL) thyme

INSTRUCTIONS:

1. Mix in a small bowl or cup and store in a salt or pepper shaker.

Thanks to Dial-A-Dietitian.

RECIPES SALT-FREE VINAIGRETTE SALAD DRESSING

PER SERVING:

CALORIES: 45

PROTEIN: 0

FAT: 5 G

CARBOHYDRATE: 0

FIBRE: 0

SODIUM: 0

CALCIUM: 0

MAKES: 6 PORTIONS OF 2 TSPS EACH

PREPARATION TIME: 10 MINUTES

THIS IS AN EASY, salt-free dressing that tastes great on any kind of salad.

INGREDIENTS:

2 tbsp (50 mL) vegetable oil
(we recommend olive or walnut)

2 tbsp (50 mL) vinegar (we recommend red wine or balsamic)

¼ tsp (1 mL) dry or hot mustard

1 tsp (5 mL) dried herbs (your choice)

1 clove garlic, finely chopped, or ½ tsp garlic powder

INSTRUCTIONS:

1. Place all ingredients in a small jar.
2. Shake until mixed.
3. Portion carefully onto salad.
4. Refrigerate leftover dressing for other salads.

